

2018 spotlight

Extension Waukesha County Educational Highlights

- ◆ **FoodWise and Health & Well-being** educators provided eleven 10-week sessions of StrongBodies at seven locations throughout Waukesha County. StrongBodies is an evidence-based strength training program that supports residents to remain healthy, strong, and independent in their homes and communities. Upon completion of the program, all participants improved in at least one fitness measure, including upper and lower body strength, flexibility, endurance, and agility.
- ◆ **Extension**, in partnership with the Wisconsin Department of Agriculture, Trade, and Consumer Protection, took the lead in educating produce growers and providing technical assistance to help growers comply with federal regulations and reduce the number of food borne illnesses related to produce consumption. Kristin Krokowski, our Commercial Horticulture Educator, developed an educational outreach plan to provide 10 certification trainings to over 300 growers in our region and across the state.
- ◆ **Extension** educated forty-five Waukesha County planning staff, clerks, elected officials, and plan commission members on the topics of balancing community values, local discretion, and new state rules on conditional uses. Participants stated that the workshop provided valuable insight and information that they will use to review code and ordinances and make informed decisions that will impact land use decisions in their community.
- ◆ **Extension 4-H & Youth Development** welcomed James Boling as our Positive Youth Development Educator in April. Over 200 adult volunteers engaged 500 4-H youth members in over 90 projects in 2018, building life and career skills that empower them to become leaders in their communities.

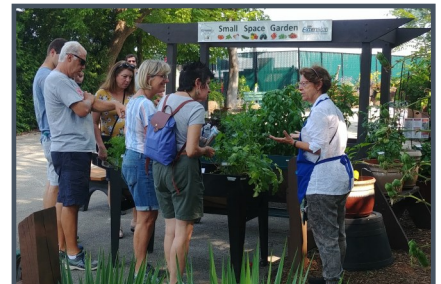


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Extension Master Gardener volunteers trained State Fair visitors in horticulture best practices



4-H Camp offers youth skill-building opportunities

The UW System Board of Regents passed a resolution that integrated UW-Extension with UW Madison in July of 2018. As a result, UW-Extension is now UW Madison Division of Extension. The new integration will provide Extension with new opportunities to connect with resources at UW Madison, our state's land grant university.

"The children and adults with disabilities who attend ARCh Camp Pow Wow love their weekly sessions with Jen Whitty, where they learn and practice how to shop for and prepare healthy food. The lessons are so engaging and interactive that campers don't even realize that they are learning skills that will positively impact their entire lives!"

Jennifer H., Executive Director,
ARCh (Association for the Rights
of Citizens with handicaps)



Children explore parts of plants & vegetables using movement with the Health & Well-Being Educator

"Being a member of 4-H, I had the opportunity to learn and develop personal and professional skills that I will use the rest of my life. I am excited that the UW-Milwaukee -Waukesha Pre-College Program will be collaborating with Waukesha County 4-H program this year."

Mille W., UW-Milwaukee -
Waukesha Pre-College Program



Youth develop healthy habits by learning how to make healthy snacks with Nutrition Educators

"The Waukesha County Community Youth Garden participants demonstrated cooperative efforts and found meaning in helping to provide healthy food for the community of Waukesha. The program assisted the youth in making changes and impacting their community positively."

Greg R., Social Worker



Extension Community Educators worked with resident leaders to strengthen their ability to address neighborhood goals

"Through three strategic plan updates, UW-Extension has done a fantastic job of getting the elected officials and staff working together to identify our recent successes, opportunities for improvement, and strategic priorities for our budget cycles."

John W., Village Administrator

"Students are much more aware of food choices they are making and whether they are healthy or not. They have shown me their healthier snack choices, have been reading food labels, and sharing this information with adults at home. Many of them are amazed at how unhealthy some of the food choices they were making were."

Teacher, Waukesha School District

Extension staff build strong communities by engaging adults & youth in life-long learning, developing economic opportunity, and extending leadership capacity through Extension-trained volunteers.

Extension Programs

- 4-H Youth Development
- Health & Well-Being
- Horticulture
- Nutrition Education
- Community Development



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